



It's good
to talk

Day of Action on Mental Health

Usdaw is supporting World Mental Health Day on Tuesday 10 October.
All actions, big and small, can help to break down the stigma around
mental health.

To find out more visit the website:

www.usdaw.org.uk/DayofActionMH

Or email equalitymatters@usdaw.org.uk

#TalkToUdaw

www.usdaw.org.uk



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